



Garden Your Way to Health and Fitness

Jacqueline Knox, Bunny Guinness

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Garden designer Bunny Guinness joins forces with physiotherapist Jacqueline Knox in this one-stop guide to all-around garden health. Step-by-step sequences based on the Pilates method illustrate the safe way to push wheelbarrows, lift heavy pots, pick low-lying fruit, and much more in a way that boosts fitness while avoiding stress and strains.

The authors also detail a wealth of tactics for achieving beautiful gardens that require a range of exertion levels. They describe planting designs that are best for time-pressed gardeners, how to use daily garden maintenance regimes to stay active, and how to design an outdoor gym. Illustrated sequences guide gardeners through physical exercises to suit their fitness levels.

Looking after oneself is also key to good garden health. To this end, a comprehensive guide to growing fruits, vegetables, and herbs, a rundown of the best gardening clothes and ergonomic tools, tips for preventing and treating common ailments, and guidelines for winding down the healthy way complete the indispensable resource.

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